**Because you see this test before sitting it a final time, and been given time to prepare for it, you are expected to get a mark of at least 15 out of 20!**

What is Health?

Vocabulary (1 mark each correctly spelled word = 15, divided by 3 = /5):

Draw a Y-chart on your **own paper** to show what health LOOKS like, FEELS like, SOUNDS like.

Grammar (1 mark each - /5)

Circle the correct word.

1. I feel / feels healthy.

2. She feel / feels sick.

3. I run / runs every day.

4. I feel good / well.

Circle the correct answer.

5. He always goes to work on a bike.  
He…

|  |  |
| --- | --- |
|  | (a)  is very healthy. |
|  | (b)  must be very healthy. |
|  | (c)  can be very healthy. |
|  | (d)  might be very healthy. |

|  |  |
| --- | --- |
|  |  |

Comprehension (1 mark each – /5)

Health is when your body, mind and behavior is good. Being healthy means being fit, strong, happy. Just because you are not sick does NOT mean you are healthy! There are three types of health:

**Body health:**

Being healthy means having strong bones, muscles and organs. They should be able to do what you want them to do! Healthy people are not overweight, and do not have diseases or problems with their bodies.

**Mind health:**

Being healthy means you have good, happy thoughts. You feel positive about life. You feel you are a good person.

**Social Health:**

It means behaving in a way that helps make your community a nice place to live in. Somebody who has social health is kind, helpful and has good friends and family.

1. Being healthy means having (what three things?)
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. If you **don’t** have a disease does this mean you are healthy? Circle the correct answer

**Yes / No**

1. What two things could you do to be socially healthy?
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. If you eat too much bad food, which type of health would you affect?

1. If you feel bad about yourself, what type of healthy are you having trouble with?

Writing (Discussion text type) /5 (see rubric)

Discuss why students should and should not get taught about health in school. Your last paragraph should give your final recommendation.

|  |  |  |
| --- | --- | --- |
| Paragraph 1 | **Introduction:** What is mental health? Give a basic definition. |  |
| Paragraph 2 | Reasons **for** learning about mental health. |  |
| Paragraph 3 | **Examples / Evidence** |  |
| Paragraph 4 | Reasons **against** learning about mental health. |  |
| Paragraph 5 | **Examples / Evidence** |  |
| Paragraph 6 | **Recommendation.** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Planning | No / irrelevant planning  0 | 50% of planning complete  1 | Plans relevant ideas in all boxes  2 |
| Vocabulary | Simple, mostly irrelevant vocabulary  0 | Uses mostly relevant vocabulary and other simple words.  1 | Use a range of relevant vocabulary plus descriptive words.  2 |
| Spelling and punctuation | Most spelling is incorrect. Punctuation not /rarely used.  0 | Majority of spelling is correct. Punctuation used.  1 | Most spelling is correct, especially more common words. Punctuation used correctly most of the time.  2 |
| Ideas | No real ideas  0 | A few simple ideas. Sometimes attempts to explain these ideas.  1 | Sound ideas. Mostly well explained.  2 |
| Structure | Sentences make little sense. No obvious paragraphing.  0 | Makes reasonable sense. Some attempt to separate ideas.  1 | Most sentences making sense. Obvious paragraphing.  2 |